



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35175, Seal, bearded (Oogruk), meat, partially dried (Alaska Native)**

**Report Date: July 16, 2017 05:54 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	34.92	1	--
Energy	kcal	270	--	--
Energy	kJ	1131	--	--
Protein <sup>1</sup>	g	62.38	1	--
Total lipid (fat) <sup>1</sup>	g	2.31	1	--
Ash <sup>1</sup>	g	2.78	1	--
Carbohydrate, by difference	g	0.00	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	9	1	--
Iron, Fe <sup>1</sup>	mg	33.00	1	--
Magnesium, Mg <sup>1</sup>	mg	62	1	--
Phosphorus, P <sup>1</sup>	mg	510	1	--
Potassium, K <sup>1</sup>	mg	960	1	--
Sodium, Na <sup>1</sup>	mg	130	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Zinc, Zn <a href="#">1</a>	mg	5.00	1	--
Copper, Cu <a href="#">1</a>	mg	0.310	1	--
Manganese, Mn <a href="#">1</a>	mg	0.037	1	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Folate, total	μg	0	--	--
Folic acid	μg	0	--	--
Folate, food	μg	0	--	--
Folate, DFE	μg	0	--	--
Choline, total <a href="#">1</a>	mg	103.0	--	--
Betaine <a href="#">1</a>	mg	26.3	1	--
Vitamin A, RAE	μg	0	--	--
Carotene, beta	μg	0	--	--
Carotene, alpha	μg	0	--	--
Cryptoxanthin, beta	μg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	μg	0	--	--
Lutein + zeaxanthin	μg	0	--	--
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.07	1	--
Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--
Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--
Vitamin K (phylloquinone) <a href="#">1</a>	μg	0.0	1	--
<b>Lipids</b>				
<b>Amino Acids</b>				
Tryptophan <a href="#">1</a>	g	0.601	--	--
Threonine <a href="#">1</a>	g	2.438	--	--
Isoleucine <a href="#">1</a>	g	2.367	--	--
Leucine <a href="#">1</a>	g	4.822	--	--
Lysine <a href="#">1</a>	g	5.052	--	--
Methionine <a href="#">1</a>	g	1.272	--	--
Cystine <a href="#">1</a>	g	0.336	--	--
Phenylalanine <a href="#">1</a>	g	2.473	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tyrosine <sup>1</sup>	g	1.625	--	--
Valine <sup>1</sup>	g	2.438	--	--
Arginine <sup>1</sup>	g	3.515	--	--
Histidine <sup>1</sup>	g	2.226	--	--
Alanine <sup>1</sup>	g	3.568	--	--
Aspartic acid <sup>1</sup>	g	5.193	--	--
Glutamic acid <sup>1</sup>	g	8.337	--	--
Glycine <sup>1</sup>	g	3.285	--	--
Proline <sup>1</sup>	g	2.862	--	--
Serine <sup>1</sup>	g	2.261	--	--
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD